

Talk to your provider for more information regarding the pneumonia shot.

Getting vaccinated can prevent pneumococcal disease.

One shot as an adult can protect for a lifetime.\*

The pneumonia shot –  
*Get it and forget it!*



\*A booster shot may be required for some people who have received the shot prior to turning 65.

## HOW CAN I PREVENT PNEUMOCOCCAL DISEASE?

- ▶ If you're 65 years old or older, be vaccinated.
- ▶ Those under 65 years old who have lung, heart, liver or kidneys problems or diseases like diabetes, Sickle Cell, alcoholism, and HIV/AIDS need to be vaccinated.
- ▶ Practice good oral hygiene, especially adults who are hospitalized or live in long term care facilities.

**Local Military Treatment Facility  
or TRICARE locations:**

For additional information contact  
the Centers for Disease Control and  
Prevention:

1 - 800 - 232 - 4636

[http://www.CDC.gov/nip/  
menus/vaccines.htm](http://www.CDC.gov/nip/menus/vaccines.htm)



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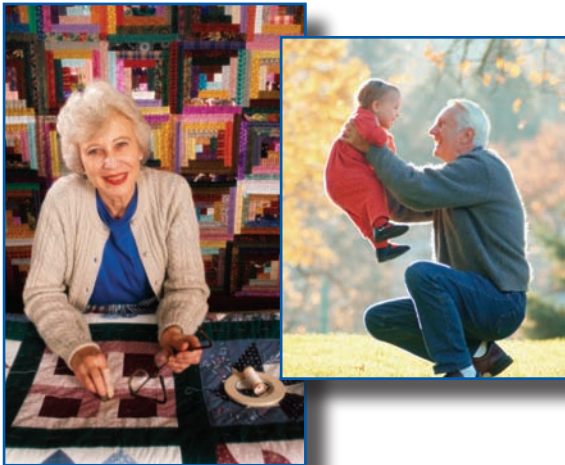
# Are you age 65 or older?



**THE  
Pneumococcal Vaccine  
(Pneumonia Shot)  
IS FOR YOU**

## WHY should I get the pneumonia shot?

- ▶ Pneumococcal disease is a bacterial illness that can cause serious sickness and death. It is one of the leading causes of death in the United States.
- ▶ Older adults are more likely to suffer complications from the disease.
- ▶ The shot is safe and getting vaccinated can prevent pneumococcal disease.
- ▶ The shot does not make you sick.



## WHO should get the pneumonia shot?

- ▶ All adults aged 65 or older

## WHEN can I get the pneumonia shot?

- ▶ You can get the shot any time of the year.
- ▶ It can be received at the same time as the influenza (flu) vaccine.
- ▶ Most often you only need one shot for a lifetime. A booster shot may be required for some people who have received the shot prior to turning 65.
- ▶ Ask your provider about the pneumonia shot today!

## WHERE do I get the pneumonia shot?

- ▶ The shot is free to enrolled Army beneficiaries 65 years old and older visiting a Military Treatment Facility.
- ▶ Medicare will pay for the shot for TRICARE beneficiaries who have Medicare Part B coverage and who receive the shot from a civilian provider.

